Lunch

WHITGIFT

PROUDLY NOURISHED BY LODESTONE HOUSE

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Katsu Curry Chicken Leg Katsu curry Chicken Leg (Halal) Siracha Roasted Cauliflower With Bean Stew & Rice	Spicy Beef and Vegetables with Jollof Rice Spicy Halal Beef and Vegetable with Jollof Rice Spicy Braised Vegetables with Jollof Rice (V)	Jamaican Jerk Chicken Leg Halal Jamaican Jerk Chicken Leg Rice and Peas Sriracha BBQ Chicken & Rice (Halal)	Chicken Gyros Chicken Gyros (Halal) Vegetable Gyros (V)	Breaded Fish With Lemon Wedge & Tartar Sauce Fish Fingers Tofu & Aubergine Black Bean Sauce & Rice (V)
Sides	Broccoli Rice Katsu sauce	Steamed Mixed Vegetables	Fried Plantain Sweetcorn Green Bean	Cabbage Salad Steam Mixed Veg Tomato Rice	Chips Garden Peas / Mushy Peas
Pasta bar	Neapolitan Sauce Carbonara Sauce Jacket Potatoes Cheese / Beans / Tuna	Neapolitan Sauce Italian Pork (Tomato & Roasted Vegetables) Jacket Potatoes Cheese / Beans / Tuna	Neapolitan Sauce Chicken & Roasted Vegetables Jacket Potatoes Cheese / Beans / Tuna	Neapolitan Sauce Beef Bolognese Jacket Potatoes Cheese / Beans / Tuna	Neapolitan Sauce Lamb Bolognese Jacket Potatoes Cheese / Beans / Tuna
Desserts	Chocolate Sponge Served with a Chocolate Custard Sauce Jelly Selection of Whole Fruit	Fruit Crumble Served with Custard Sauce Jelly Selection of Whole Fruit	Bake of the Day Jelly Selection of Whole Fruit	Bake of the Day Jelly Selection of Whole Fruit	Sponge with Lemon Curd Served with Custard Sauce Jelly Selection of Whole Fruit

Daily Options

Daily Specials

Selection of Freshly Made Soups, Home-baked Bread & Jacket Potatoes with a Choice of Toppings

Pasta Bar

Wholemeal Pasta, Tomato Sauce, with an Extra Sauce Every Day

Salads

Tomatoes, Plain Cucumber, Plain Beetroot, Herb Leaf Salad with Sweetcorn, Vinaigrette, Sunflower Seeds & Olive Oil with Lemon Juice and Black Pepper

Chilled Desserts

Fresh Fruit or Fruit Pots, Jellies & Mousses will be served every day.